

# Monday

## Fitness After School

Want to work out and get in shape this Fall? Stay after school and workout in the fitness room on the cardio equipment and weights with Mrs. Beinert Hunnewell. Create your own program or she will create one for you. Some days we will have organized instruction and other days will just be free workouts...we will discuss on the first day. Bring your own appropriate CDs and we will listen as we work out. Come get in shape and have fun with Mrs. Beinert Hunnewell!

Instructor: Libbey Beinert Hunnewell

Meets on 10/20, 10/27, 11/3, 11/10, 11/17 & 11/24 from 2:30-3:30 p.m.

Location: JGMS Fitness Room

Fee: \$35

# Tuesday

## Babysitter Training

Learn and review the basics of indoor and outdoor safety and safe play for children. Focus will be on preventing and responding to emergencies, while learning healthy and appropriate babysitter behavior as well as how to develop and maintain your babysitting business. Curriculum: Super Sitters.

Instructor: Joanna Daley

Meets on 11/4, 11/18, 11/25, 12/2 & 12/9, 12/16 from 2:30-3:30 p.m.

Location: A207

Fee: \$40

# Thursday

## Girl Talk

High School Girls Mentoring Middle School Girls

Come hang out with us and talk about... whatever is on your mind! Enjoy the company of other girls while we talk about important subjects with you and have snacks! You and your friends will have tons of fun so come to our meetings!

Advisors: Wendy Tanahashi-Works & Maureen McDermott

Meets on 10/23, 10/30, 11/6, 11/13, 11/20 & 12/4 from 2:40-3:40 p.m.

Location: B116

Fee: \$35

## Yoga for the Middle School Mind and Body

Do you want to have a more centered, relaxed, and healthy mind and body? Come to this gentle yoga class on Thursday afternoons to exercise all parts of you. We will work on breathing, stretching, holding poses, balance, and relaxation. Hope to see you on Thursdays.

Instructor: Nicole d'Entremont

Meets on 10/23, 10/30, 11/6, 11/13, 11/20 & 12/4 from 2:30-3:30 p.m.

Location: A205

Fee: \$35

# Special Program

**NOTE DIFFERENT TIME, LOCATION & DEADLINE**

*Parents responsible for transportation home at 3:00 p.m.*

## Shooting & Editing for TV

This seriously fun course teaches **first time students** the basics of video production. This class will introduce you to some important shooting techniques. We will show you how to get your footage onto the computer and then begin the process of editing, which includes adding titles, transitions, and music. You will also learn about compression techniques and file formats needed for uploading video to the web.

Instructors: Greg Dolan & Brian Dorrington

Meets on Wednesdays for 4 weeks from 1:00-3:00 p.m.

Location: BTV Studio, 16 South Road, Second Floor

Meets on 10/1, 10/8, 10/15 & 10/22

Fee: \$60

**Registration Deadline: September 24<sup>th</sup>**

## REGISTRATION FORM

Fall 2014 After School Program

Please make check out to **TOWN OF BEDFORD** and mail to: Jessica Wildfong, Bedford Youth and Family Services, 12 Mudge Way, Bedford, MA 01730.

Questions? Call Jessica Wildfong (781) 275-7727 ext 262

or e-mail [jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov)

**IF YOU REGISTER FOR A CLASS PLEASE MAKE SURE TO NOTE IT DOWN ON YOUR CALENDAR.**

**WE WILL ONLY CONTACT YOU IF A CLASS IS FULL OR CANCELLED DUE TO LOW ENROLLMENT.**

Name of Child: \_\_\_\_\_ Age: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_

Phone number: \_\_\_\_\_

Address: \_\_\_\_\_

Email address: \_\_\_\_\_

Emergency contact name: \_\_\_\_\_

Emergency contact number: \_\_\_\_\_

Activity	Day	Fee

**Total tuition included:** \_\_\_\_\_

**Your paid registration form secures your child a space if the class runs.**

How will child get home from after school program?

Allergies/anything else of importance:

I, the undersigned (parent/legal guardian) of the minor child registered above, do hereby consent to his/her participation in the Town of Bedford After School Program (the Program) run by Bedford Youth & Family Services in conjunction with John Glenn Middle School and do forever RELEASE, acquit, discharge and covenant to hold harmless the Town of Bedford and all its employees and agents from any and all actions, causes of action, and claims, including, but not limited to negligence, on account of, or in any way growing out of directly or indirectly, all known and unknown personal injuries or property damage occurring while participating in any part of the Program, wherever it occurs, which I may now or hereafter have as the parents of said minor, and also any and all claims, actions, causes of actions, including, but not limited to negligence which said minor has or hereafter may acquire, either before he/she or after he/she has reached his/her majority resulting from his/her participation in the Program. I understand that this release is required for my child to participate in the Program.

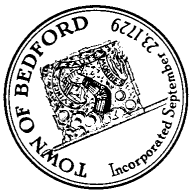
Parent/Guardian signature \_\_\_\_\_

Date \_\_\_\_\_

**PLEASE REGISTER BY OCTOBER 15TH 2014**

Bulk Rate  
US Postage  
PAID  
Permit NO 42  
Bedford, MA  
01730

Bedford Youth and Family Services  
Town Center  
12 Mudge Way  
Bedford, MA 01730



Bedford Youth and Family Services  
in partnership with John Glenn Middle  
School  
is Proud to Present the  
Fall 2014

## **After School Program**



**Most Programs begin the week of  
October 20th, 2014**

**Deadline for Registration is  
October 15th, 2014 unless otherwise noted**

**Unless specified  
all offerings at JGMS  
and end in time for the late bus.**

**Refunds only if a class is full or cancelled  
due to low enrollment.**

**For more information call Jessica Wildfong  
at Youth and Family Services  
(781) 275-7727 ext. 262  
or e-mail  
[jessicaw@bedfordma.gov](mailto:jessicaw@bedfordma.gov)**